

**SERIAL NO. 10/613,436**

CLAIMS:

Claim 1 (currently amended): An exercise apparatus comprising:

a folding A-frame formed from two generally U-shaped frame sections hinged together, said hinged frame sections being foldable on said hinge from a folded storage position to an open operative position;

a generally U-shaped swing portion having two end portions and being movably attached to one said frame section and having a seat attached thereto; and

a pair of arms, each said arm being angularly adjustably attached about an axis to one ~~end portion of~~ said generally U-shaped ~~swing portion~~ frame sections and extending radially therefrom to thereby vary the angular position of each arm relative to ~~one end portion of~~ said generally U-shaped ~~swing portion~~ frame portion; and

each said arm having a handle portion thereon, whereby a person sitting in said generally U-shaped swing portion seat and gripping said handles can move said generally U-shaped swing portion and person sitting therein relative to said A-frame to thereby exercise the person's arms and upper body.

**SERIAL NO. 10/613,436**

Claim 2 (original): The exercise apparatus in accordance with claim 1 including a leg exerciser attached to one said frame section and positioned for a person seated in said seat on said generally U-shaped swing portion to exercise the legs, whereby a folding arm and leg exerciser apparatus utilizes a person's own mass for exercising the arms and legs.

Claim 3 (original): The exercise apparatus in accordance with claim 2 in which said hinged frame sections have at least one locking link to lock said frame sections in an open operative position.

Claim 4 (original): The exercise apparatus in accordance with claim 1 in which said seat has an adjustable back supporting member mounted thereto.

Claim 5 (cancelled).

Claim 6 (previously amended): The exercise apparatus in accordance with claim 4 in which said generally U-shaped swing portion seat has a foot supporting member mounted thereto.

**SERIAL NO. 10/613,436**

Claim 7 (previously amended): The exercise apparatus in accordance with claim 2 in which said leg exerciser includes a bar adjustably attached to one said U-shaped frame section allowing a person's feet to be placed thereon while seated in said seat and to push said U-shaped member, seat and person to exercise the person's legs.

Claim 8 (cancel).

Claim 9 (original): The exercise apparatus in accordance with claim 6 in which said foot support is removably attached to said seat.

**SERIAL NO. 10/613,436**

Claim 10 (currently amended): An exercise apparatus comprising:  
a frame having a base frame portion and an angled upright frame portion;

a generally U-shaped swing portion having two end portions and being movably attached to said angled upright frame section and having a seat attached thereto;

a pair of arms, each said arm being angularly adjustably attached about an axis to one ~~end portion of~~ said generally U-shaped ~~swing portion frame section~~ and extending radially therefrom, each said arm having a handle portion thereon, whereby a person can adjust the angular position of the handles relative to the U-shaped ~~swing portion frame portion~~ and can sit in said generally U-shaped swing portion seat and grip said handles to move said generally U-shaped swing portion and person sitting therein relative to said frame to thereby exercise the person's arms; and

a leg exerciser attached to said base frame section and positioned for a person seated in said seat on said generally U-shaped swing portion to exercise the legs while exercising the arms, whereby an arm and leg exerciser apparatus utilizes a person's own mass for exercising the arms and legs.

**SERIAL NO. 10/613,436**

Claim 11 (original): The exercise apparatus in accordance with claim 10 in which said seat has a back supporting member attached thereto.

Claim 12 (original): The exercise apparatus in accordance with claim 11 in which said generally U-shaped swing portion seat has a foot supporting member attached thereto.

Claim 13 (previously amended): The exercise apparatus in accordance with claim 12 in which said leg exerciser is a bar adjustable attached to said base frame portion allowing said feet to be placed thereon while a person is seated in said seat and to push said U-shaped swing portion, seat and person to exercise said legs.

Claim 14 (cancelled).

Claim 15 (previously amended): The exercise apparatus in accordance with claim 13 in which said foot support is removably attached to said seat.